

STRESS FREE, GLUTEN FREE THANKSGIVING CHECKLIST

SHOPPING CHECKLIST

TO BUY OR MAKE SURE YOU HAVE:

- , 1 Buttermilk 2 cups
- , 1 Celery 2-3 celery stalks chopped
- , 1 Coconut cream 1 can
- , 1 Cranberries 12 ounces fresh cranberries
- , 1 Eggs 4
- , 1 Garlic 1 Bulb - 11 cloves total needed
- , 1 Green Beans 1 pound fresh green beans
- , 1 Lemons 5 lemons
- , 1 Macadamia Oil 2 tablespoons macadamia nut oil
- , 1 Mushrooms 2 cups baby bella mushrooms
- , 1 +1 cup mushrooms any kind
- , 1 Onion 3 yellow
- , 1 3 Sweet
- , 1 Oranges 10
- , 1 Parsley 1 bunch
- , 1 Pecans 1/2 cup chopped pecans
- , 1 Pumpkin 1 can pureed pumpkin
- , 1 Quinoa 2 cups
- , 1 Red Apples 3
- , 1 Red Potatoes 7 large red potatoes peeled
- , 1 Sweet Potatoes 4-5 pounds of red sweet potatoes (sweeter than yellow sweet potatoes)
- , 1 Rice Milk 1 1/2 cup (You can also use Coconut Milk)
- , 1 Scallions 1 bunch
- , 1 Spiced Rum 2 ounces spiced rum
- , 1 Tamari 1/2 cup
- , 1 Turkey 15 pound
- , 1 Chicken Broth (if you do not want to make turkey broth for the stuffing)
- , 1 Xanthan gum 1 1/2 teaspoons xanthan gum
- , 1 Yeast 1 Tablespoon

PANTRY CHECKLIST

SPICES & BASICS to make sure you have on hand:

- , 1 Apple cider vinegar
- , 1 Agave/Honey (1/3 cup)
- , 1 Baking Soda
- , 1 Brown Rice Flour (4 cups)
- , 1 ground cinnamon (2 teaspoon)
- , 1 ground clove (1/4 teaspoon)
- , 1 dark brown sugar (1/4 cups)
- , 1 ground ginger (5/8 teaspoon)
- , 1 nutmeg (1/4 teaspoon)
- , 1 Olive Oil (3 cups) (Coconut oil if you prefer)
- , 1 Pepper
- , 1 Potato Starch (2 cups)
- , 1 Rosemary (fresh or dried)
- , 1 Sage
- , 1 Sea Salt
- , 1 Sugar 3 cups
- , 1 Tapioca flour (2 cups)
- , 1 Thyme
- , 1 Vanilla

For Delicious Recipes For A Complete Gluten Free Thanksgiving go to <http://SproutedRoots.com/New/Thanksgiving>

Check out all recipes and more gluten free recipes at www.SproutedRoots.com

